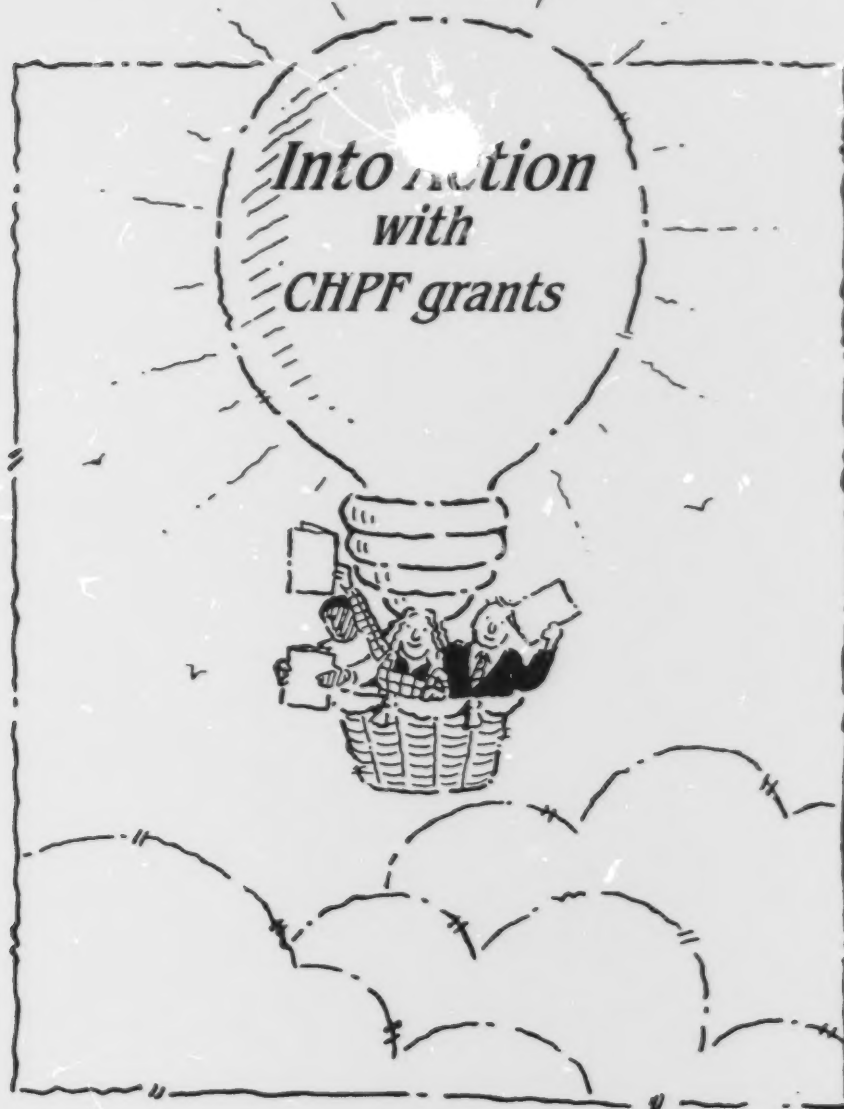


Directory of Funded Projects 1991-92

Put Your Ideas



Department of
Health

Introduction

The Community Health Promotion Fund (CHPF) was started in 1990 to give Nova Scotians an opportunity to promote health in their communities. Since its launch, it has been very well received. In the first year, the Department of Health was able to fund 63 exciting and innovative projects that were beneficial to all of Nova Scotia. In its second year, because of a substantive increase in funding to the program, we were able to fund an additional 27 projects. All of the projects funded in 1991-92 are described and listed in this directory.

It is encouraging that the CHPF was able to mobilize and assist communities as they undertook such remarkable efforts to improve their health. The projects are an indication that more and more Nova Scotians are interested in improving their health and in helping others to improve their health. These 90 projects listed in this directory are outstanding efforts that can serve as models for other communities. They address a wide variety of health issues: smoking, diet and nutrition, teen pregnancy, school health, active living, health environment, literacy, and many more.

The widespread interest and participation in community health promotion demonstrates the value of the CHPF and, more importantly, the value of the voluntary commitment of all of the grant recipients.

How to Use This Directory

This directory will help you find out about projects that have received CHPF grants. Often, the same need exists in more than one community. Groups and individuals will try to meet these needs in different ways. We can learn from these different approaches and from the people who work on these projects.

You will find all the projects that were funded by each of the Department's seven Health Units grouped by Health Unit name (for example, Atlantic, Fundy, etc.). The projects are also grouped by categories such as: smoking, nutrition, and healthy environments.

Use this directory to learn about the community projects that promote health in Nova Scotia. Contact the people involved in the projects to learn how they got started and how their project went. When you have an idea to promote health in your community, call or visit your local Health Unit. Speak with the Health Educators at the Health Unit about your ideas and learn how to apply for funding. Who knows, you may be listed in the next issue of this directory!

Contents

Health Unit	Pages
Atlantic Health Unit	5 - 36
Cape Breton Health Unit.....	37- 53
Cobequid Health Unit.....	54 - 57
Fundy Health Unit	58 - 68
Lunenburg-Queens Health Unit.....	69 - 78
Northumberland Health Unit.....	79 - 86
Western Health Unit	87 - 94
Health Units: Addresses and Areas Served	95

Subject/Category	Pages
Smoking.....	32, 39, 81, 84
Nutrition.....	5, 18, 19, 22, 23, 24, 29, 31, 39, 43, 45, 46, 49, 58, 64, 73, 75, 81, 84, 85, 87, 88, 92
Active Living	5, 7, 10, 46, 51, 60, 61, 65, 66, 68, 73, 81, 84, 85, 90, 92, 94
Sexual Health.....	9, 15, 16, 21, 36, 39, 40, 56, 62, 64, 67, 70, 72, 92, 79, 92, 93
Healthy Environment.....	7, 8, 13, 69, 71, 73, 74, 75, 76, 77, 78, 83, 89
Mental Health.....	11, 12, 20, 21, 25, 26, 27, 30, 33, 34, 35, 39, 41, 46, 48, 52, 53, 59, 63, 64, 65, 69, 79, 80, 81, 83, 85, 90, 91, 92, 93, 94
Health Equity.....	8, 24, 26, 29, 31, 50, 69, 83, 87
Self Help Mutual Aid.....	12, 37, 38, 40, 41, 42, 45, 47, 50, 53, 54, 59, 63, 65, 66, 69, 67, 69, 71, 75, 80, 82, 83, 88, 89, 91, 92
Other	6, 8, 14, 16, 17, 21, 28, 37, 39, 40, 42, 44, 47, 48, 49, 50, 51, 52, 55, 57, 69, 79, 80, 81, 82, 83, 84, 85, 86, 91, 93

Smoking.....	32, 39, 81, 84
Nutrition.....	5, 18, 19, 22, 23, 24, 29, 31, 39, 43, 45, 46, 49, 58, 64, 73, 75, 81, 84, 85, 87, 88, 92
Active Living	5, 7, 10, 46, 51, 60, 61, 65, 66, 68, 73, 81, 84, 85, 90, 92, 94
Sexual Health.....	9, 15, 16, 21, 36, 39, 40, 56, 62, 64, 67, 70, 72, 92, 79, 92, 93
Healthy Environment.....	7, 8, 13, 69, 71, 73, 74, 75, 76, 77, 78, 83, 89
Mental Health.....	11, 12, 20, 21, 25, 26, 27, 30, 33, 34, 35, 39, 41, 46, 48, 52, 53, 59, 63, 64, 65, 69, 79, 80, 81, 83, 85, 90, 91, 92, 93, 94
Health Equity.....	8, 24, 26, 29, 31, 50, 69, 83, 87
Self Help Mutual Aid	12, 37, 38, 40, 41, 42, 45, 47, 50, 53, 54, 59, 63, 65, 66, 69, 67, 69, 71, 75, 80, 82, 83, 88, 89, 91, 92
Other	6, 8, 14, 16, 17, 21, 28, 37, 39, 40, 42, 44, 47, 48, 49, 50, 51, 52, 55, 57, 69, 79, 80, 81, 82, 83, 84, 85, 86, 91, 93

Healthy Eating and Living for Healthy Seniors

Rockingham Community Centre

Rockingham Community Centre promotes independence and serves the needs of the growing population of seniors in the mainland north area of Halifax. The centre offers a number of programs aimed at promoting well-being. This project will enhance the program by offering a nutrition component, to complement the other activities offered. This nutrition program would focus on the issues and concerns of seniors in regard to nutrition, weight loss, healthy eating practices and active living.

Contact Person

Sharon MacVicar

Address

199 Bedford Highway
Halifax, N.S.
B3M 2J9

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition X	Child and Adolescent
Active Living X	(5-15yrs)
Sexual Health	Young Adults (19-35)
Healthy Environment	Mid Range Adult (36-64) X
Mental Health	Seniors (65+) X
Health Equity	
Self Help Mutual Aid	
Other	

Funding

\$5,000.00

Needs Assessment**Metro Turning Point Centre**

The Metro Turning Point Centre provides a major service to inner city homeless males, offering a host of programs and services to 1,300 people each year. A survey of the Metro Turning Point Centre clientele will be done to determine if the centre is responding to their needs. The centre wants to find out who their clients are, what problems they have, and how they see their own situations.

Contact Person

Michael Humphreys

Address

2155 Barrington Street
Halifax, N.S.
B3K 2W3

**Subject/Category
Target Group****Subject / Category**

Smoking

Nutrition

Active Living

Sexual Health

Healthy Environment

Mental Health

Health Equity

Self Help Mutual Aid

Other**X****Target Group**

Infant 0-5 years

Child and Adolescent
(5-15yrs)

Young Adults (19-35) X**Mid Range Adult (36-64) X**

Seniors (65+)

Funding

\$3,200.00

Nature Adventure

The Association for Health, Learning and Leisure of N.S. (Heartwood)

This project will expose inter-city elementary school children to an outdoor recreation adventure in a country setting in the Wentworth Valley. Small groups of children with their school teachers will benefit from nature hikes and outdoor games and will learn family life skills in a comfortable setting. This is an opportunity for those children to learn that life can be "fun."

Contact Person

Eleanor Hoyle

Address

66 Oakdale Avenue
Dartmouth, N.S.
B3A 2L8

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition	Child and Adolescent
Active Living X	(5-15yrs) X
Sexual Health	Young Adults (19-35)
Healthy Environment X	Mid Range Adult (36-64)
Mental Health	Seniors (65+)
Health Equity	
Self Help Mutual Aid	
Other	

Funding

\$4,944.00

Working with Stress in Child Care

Child Care Connection—N.S.

This project aims to identify the health risk factors of staff in child care centres in the Atlantic Health Unit. Through an advisory group of professionals, a needs assessment will be developed to identify health risk factors, prioritize those that need resources and develop resources to affect a change in the health of staff in child care centres. This study will identify workshop priorities for Child Care Connection—N.S.

Contact Person

Elaine Ferguson

Address

100-1200 Tower Road
Halifax, N.S.
B3H 4K6

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition	Child and Adolescent (5-15yrs)
Active Living	Young Adults (19-35) X
Sexual Health	Mid Range Adult (36-64) X
Healthy Environment X	Seniors (65+)
Mental Health	
Health Equity X	
Self Help Mutual Aid	
Other X	

Funding

\$4,369.00

Anti-Male Violence Curriculum Project**Men For Change**

This project will develop a four-session program based on the Canadian Teachers Federation "Thumbs Down: A Classroom Response to Violence towards Women." A 25-page manual that deals with the issue of violence against women will be developed and distributed to appropriate school personnel in Halifax, Dartmouth, and Halifax County. This program enhances the PDR courses offered in schools. Once piloted, this program will be further introduced in other grade levels in junior high schools.

Contact Person

Andrew Safer

Address

P.O. Box 33005
 Quinpool Postal Outlet
 Halifax, N.S.
 B3L 4T6

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition	Child and Adolescent (5-15yrs) X
Active Living	Young Adults (19-35)
Sexual Health X	Mid Range Adult (36-64)
Healthy Environment	Seniors (65+)
Mental Health	
Health Equity	
Self Help Mutual Aid	
Other	

Funding

\$5,000.00

Atlantic Health Unit

10

Preschool Health and Fitness

Peter Green Hall Childrens Centre

The centre will implement an active living program with 70 children and parent volunteers. A health educator will be hired to assess the current program, train the teachers to the point of program sustainability, peer coach, network in the community, and evaluate the program in cooperation with the staff, parents, and children.

Contact Person

Barbara Bigelow

Address

1094 Wellington Street
Halifax, N.S.
B3H 2Z9

Subject/Category Target Group

Subject / Category	Target Group
Smoking	Infant 0-5 years X
Nutrition	Child and Adolescent (5-15yrs) X
Active Living X	Young Adults (19-35)
Sexual Health	Mid Range Adult (36-64)
Healthw Environment	Seniors (65+)
Mental Health	
Health Equity	
Self Help Mutual Aid	
Other	

Funding

\$5,000.00

Huntington's Disease Help Line

Halifax-Dartmouth Regional Chapter for Huntington's Disease

The project will improve the quality of life for caregivers and persons at risk for Huntington's Disease by educating professionals who deal with these families and by serving as many people in need as possible by establishing a help line. This help line will provide callers with information about counselling services, medical, legal, and financial matters, up-to-date developments about Huntington's Disease, and referrals for local genetic counselling and predictive testing. Support will be given to help establish mutual support networks among families. Bimonthly support and discussion groups will be facilitated.

Contact Person

Carolyn Stewart Boudreau

Address

99 Quaker Crescent
Lower Sackville, N.S.
B4C 2Z1

**Subject/Category
Target Group****Subject / Category**

Smoking

Nutrition

Active Living

Sexual Health

Healthy Environment

Mental Health X

Health Equity

Self Help Mutual Aid

Other

Target Group

Infant 0-5 years

Child and Adolescent
(5-15yrs)

Young Adults (19-35) X**Mid Range Adult (36-64)** X

Seniors (65+)

Funding

\$4,900.00

Health Information Resource Centre

Holland Road School PTA Sub-committee, Parent Support for Medical Concerns

This project will establish a resource centre to provide educational material through a lending library for parents, teachers, and students and will encourage exchange of information regarding various health issues. A support group network will be established to promote increased knowledge and confidence to deal effectively with medical concerns. The group will sponsor information sessions and workshops. Parents, teachers, and students with medical concerns and their peers as well as residents of the Fall River/Wellington community will benefit from this program. Increased awareness and more effective health care will ultimately improve the quality of life.

Contact Person

Sandra Cooke

Address

Holland Road School
Site 34, Box 10
Windsor Junction, N.S.
BON 2V0

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition	Child and Adolescent (5-15yrs)
Active Living	Young Adults (19-35) X
Sexual Health	Mid Range Adult (36-64) X
Healthy Environment	Seniors (65+)
Mental Health X	
Health Equity	
Self Help Mutual Aid X	
Other	

Funding

\$2,050.00

Public Relations Program for Homelessness among Youth

Phoenix House

The project is intended to heighten community awareness on issues that cause youth to become homeless. It will provide those youth who are homeless or at risk of being homeless with the information they need to be safe and able to survive. These goals will be addressed by developing an easy-to-read handout about Phoenix House for potential clients and a "Survival Guide" to help residents leaving Phoenix House, and other youth at risk of being homeless, to be on their own; by producing a semi-annual newsletter to educate the general public on issues of homelessness and how to help; and by increasing media coverage and speaking engagements.

Contact Person

Linda Heseltine

Address

2385 Hunter Street
Halifax, N.S.
B3K 4V7

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition	
Active Living	Child and Adolescent (5-15yrs) X
Sexual Health	Young Adults (19-35) X
Healthy Environment X	Mid Range Adult (36-64)
Mental Health	Seniors (65+)
Health Equity	
Self Help Mutual Aid	
Other	

Funding

\$4,840.00

Spinal Cord Injury Prevention Speakers' Bureau

Spinal Cord Injury Prevention of N.S.

The intent of the project is to reduce the number of spinal cord injuries by providing information to support healthy attitudes and to reduce risk-taking activities. Information to increase awareness of spinal cord injuries, high-risk activities and how to be active safely and will be developed and delivered to senior elementary and junior high school students. The project will also develop a questionnaire, a speakers' bureau, pamphlets, handouts, public service announcements, posters and will make available additional copies of the videos, "Holm's Way," "Dive Right," and "Smart Hockey." The project will be piloted in Halifax city.

Contact Person

Diane Pottie, Chairperson

Address

95 Acadia Mill Drive
Bedford, N.S.
B4A 3W4

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition	Child and Adolescent (5-15yrs) X
Active Living	Young Adults (19-35)
Sexual Health	Mid Range Adult (36-64)
Healthy Environment	Seniors (65+)
Mental Health	
Health Equity	
Self Help Mutual Aid	
Other (Personal Safety) X	

Funding

\$4,700.00

Project Hope Health Outreach

The Association of Black Social Workers

To create awareness and consciousness raising regarding the HIV virus and AIDS, the project will use community members to perform a play that will creatively get this message across to black youth and their parents in Uniacke Square in Halifax and Scotia Court, Dartmouth. Discussion groups will be held after each performance to help people gain more knowledge of these issues. Evaluations will be completed after the discussion groups meet.

Contact Person

Wanda Thomas Bernard

Address

42 Havelock Crescent
Dartmouth, N.S.
B2W 4T8

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition	Child and Adolescent (5-15yrs) X
Active Living	Young Adults (19-35) X
Sexual Health X	Mid Range Adult (36-64) X
Healthy Environment	Seniors (65+)
Mental Health	
Health Equity	
Self Help Mutual Aid	
Other	

Funding

\$5,000.00

HBV Education

Northend Community Health Association

The project is intended to generate public awareness of the Hepatitis B virus (HBV); educate the community as to the proper preventions of HBV; set up a referral support group for the ongoing education and prevention of HBV; and assess the feasibility of producing a community-focused pamphlet or poster. The project is orientated towards the total community in Northend Halifax by working with agencies in the Gottingen Street, Brunswick Street and Uniacke Square areas.

Contact Person

Valerie Firth

Address

3123 Ralston Avenue
Halifax, N.S.
B3L 4A5

**Subject/Category
Target Group**

Subject / Category	
Smoking	
Nutrition	
Active Living	
Sexual Health (HBV)	X
Healthy Environment	
Mental Health	
Health Equity	
Self Help Mutual Aid	
Other (Communicable Disease)	X

Target Group	
Infant 0-5 years	
Child and Adolescent (5-15yrs)	X
Young Adults (19-35)	X
Mid Range Adult (36-64)	X
Seniors (65+)	

Funding

\$5,000.00

Halifax Pride Youth — Puppet Show

Halifax Pride Youth

A puppet show with varied story lines for preschool and school-aged children in schools and community groups in the metro area will be developed with themes that support a drug-free lifestyle. The high school performers will provide positive role models to reinforce drug-free decisions by young children. Evaluations will be completed by children at the end of each performance. This information will be used to change the scripts to keep them fresh.

Contact Person

Lorne Abramson

Address

24 Parkhill Road
Halifax, N.S.
B3P 1E3

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years X
Nutrition	Child and Adolescent (5-15yrs) X
Active Living	Young Adults (19-35)
Sexual Health	Mid Range Adult (36-64)
Healthy Environment	Seniors (65+)
Mental Health	
Health Equity	
Self Help Mutual Aid	
Other: (Drug Education) X	

Funding

\$4,500.00

The Most Important Meal of the Day

Uniacke Square Public Housing Tenants' Association

The project will provide school-aged children from low-income families (working and non-working) with access to a nutritious breakfast. The short-term goal is to curb hunger in the classroom and to positively affect children's classroom behaviours. A long-term goal is that these children will be better able to take advantage of educational opportunities available to them now and in the future. Another immediate goal is to provide working parents with a safe environment for their children between the time the parents leave for work and school begins.

Contact Person

Carol Gabriel

Address

2439 Gottingen Street
Halifax, N.S.
B3K 3C3

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition X	Child and Adolescent (5-15yrs) X
Active Living	Young Adults (19-35)
Sexual Health	Mid Range Adult (36-64)
Healthy Environment	Seniors (65+)
Mental Health	
Health Equity	
Self Help Mutual Aid	
Other	

Funding

\$4,992.00

Breakfast Feeding Programs

Advisory Committee of Breakfast Programs

The project will develop and promote the establishment of breakfast feeding programs to school-age children in five economically disadvantaged communities in Halifax city. The breakfast programs will be offered five days a week during the school year. They will be served in community centres or schools. Using a community development approach that encourages community ownership, cooperation and partnership with other organizations, a coordinator will work with community members to ensure the development and delivery of a breakfast program.

Contact Person

Heather Cameron

Address

c/o Single Parent Centre
3 Sylvia Avenue
Halifax, N.S.
B3R 1J7

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition X	Child and Adolescent (5-15yrs) X
Active Living	Young Adults (19-35)
Sexual Health	Mid Range Adult (36-64)
Healthy Environment	Seniors (65+)
Mental Health	
Health Equity	
Self Help Mutual Aid	
Other	

Funding

\$3,087.00

Parenting Support Group for Teen Moms

Parent Resource Centre

The project will organize a parenting support group for teen moms under 19 in the Northend of Halifax who have had to discontinue their education as a result of becoming a parent. The goal of the project is to support moms who want to continue their education. A support group will be organized. Workshops with the teen moms, resource people, employment workers, and other teen moms who have continued their education will be held. Workshops will include parenting skills and support resources, training programs, upgrading, and continuing education.

Contact Person

Joan Mendes

Address

2465 Gottingen Street
Halifax, N.S.
B3K 3A3

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition	Child and Adolescent (5-15yrs) X
Active Living	Young Adults (19-35)
Sexual Health	Mid Range Adult (36-64)
Healthy Environment	Seniors (65+)
Mental Health X	
Health Equity	
Self Help Mutual Aid	
Other	

Funding

\$4,552.00

Teen Health Centre Pilot Project

Mainland South Teen Health Centre Association

The project will institute a Teen Health Centre at J. L. Ilsley High School as a pilot program in response to the need for adolescent health services defined in the research report, "Teen Health Issues at J. L. Ilsley High School." The pilot project is intended to identify the best approaches to provide health services to teens and to evaluate the school-based approach to service delivery. A key component is working closely with existing medical and mental health community services to ensure coordinated referral and follow-up. Drug counselling, sexuality counselling, and someone to talk to about their problems were needs identified by students.

Contact Person

Linda Roberts

Address

c/o Capt. Wm. Spry Community Centre
10 Kidston Road
Halifax, N.S.
B3R 2J7

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition	Child and Adolescent
Active Living	(5-15yrs) X
Sexual Health X	Young Adults (19-35) X
Healthy Environment	Mid Range Adult (36-64)
Mental Health X	Seniors (65+)
Health Equity	
Self Help Mutual Aid	
Other: Drug Education X	

Funding

\$5,000.00

Proper Nutrition at Breakfast Time: What is it?

Staff of Holly Drive School and Parents

The project will develop and deliver a nutritional breakfast once a month to the students of Holly Drive Elementary School. The goal of the project is to show parents and students examples of nutritious breakfasts that are economical and to encourage parents and students to eat a nutritious breakfast. This project will be achieved through a working group arising from the Parent/Teachers' Association. A parent may be hired five hours a week as a part-time coordinator. Five to ten people will be trained to meet with parents and students in their homes to help them plan and prepare economical, nutritious breakfasts.

Contact Person

Lou McLaughlin

Address

Holly Drive School
Spryfield, N.S.
B3R 1Z8

**Subject/Category
Target Group**

Subject / Category	
Smoking	
Nutrition	X
Active Living	
Sexual Health	
Healthy Environment	
Mental Health	
Health Equity	
Self Help Mutual Aid	
Other	

Target Group	
Infant 0-5 years	
Child and Adolescent (5-15yrs)	X
Young Adults (19-35)	X
Mid Range Adult (36-64)	
Seniors (65+)	

Funding

\$3,308.00

Breast Feeding Information Outreach

La Leche League of Halifax, Dartmouth and Halifax County

The project will increase knowledge of the benefits of breast feeding for the mother and for healthy development of the baby and, as a result, will increase the number of new mothers choosing to breast feed. Information packets for health professionals will be mailed to physicians and community health units. General breast feeding information packets will be made available to pregnant women and new nursing mothers by request. Information for women with low literacy skills will be included in the packet. Women will find out about the packet through contact with prenatal care facilities, public service announcements, and a display for use in malls at community events.

Contact Person

Paulette Bulger

Address

35 Shrevesbury Road
Cole Harbour, N.S.
B2V 1R6

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition X	Child and Adolescent (5-15yrs)
Active Living	Young Adults (19-35) X
Sexual Health	Mid Range Adult (36-64) X
Healthy Environment	Seniors (65+)
Mental Health	
Health Equity	
Self Help Mutual Aid	
Other	

Funding

\$5,000.00

Food Experience

Community Care Network

This program will look at developing educational programs that teach various life skills to the disadvantaged population in Halifax. The focus in this proposal will be on nutrition education in a group setting. The Food Bank believes such programs should be run through their organization as they are in a unique position to bring together groups of people who represent families who are nutritionally at risk and provide them with education and social support to help them build the necessary strength to act collectively to increase their food security.

Contact Person

Linda Gilbert

Address

2063 Parker Street
Halifax, N.S.
B3K 4T6

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition X	Child and Adolescent (5-15yrs) X
Active Living	Young Adults (19-35) X
Sexual Health	Mid Range Adult (36-64) X
Healthy Environment	Seniors (65+) X
Mental Health	
Health Equity X	
Self Help Mutual Aid	
Other	

Funding

\$\$4,987.00

Coping with Exam Stress

Mental Health Association — Dartmouth Branch

This project will produce a booklet that will help adolescents recognize common symptoms of stress and to become familiar with appropriate coping strategies. The students will use this knowledge to enhance their own ability to cope with the stress of exams. The material will be developed in consultation with experts in the mental health field and a panel of high school students to ensure it is accurate, understandable, and relevant to the target population. The booklet will be distributed to all high school students in Dartmouth. The usefulness of the material will be evaluated after a set of exams.

Contact Person

Tony Myers

Address

67 Ochterloney Street
Dartmouth, N.S.
B2Y 1C4

**Subject/Category
Target Group****Subject / Category**

Smoking

Nutrition

Active Living

Sexual Health

Healthy Environment

Mental Health **X**

Health Equity

Self Help Mutual Aid

Other

Target Group

Infant 0-5 years

**Child and Adolescent
(5-15yrs)** **X****Young Adults (19-35)** **X**

Mid Range Adult (36-64)

Seniors (65+)

Funding

\$4,559.80

Health Promotion Manual

Canadian Association for Community Living — Halifax Branch

This project will develop a manual to help volunteer advocates and other lay people more effectively support their friends with mental handicaps in the areas of healthy living, health care utilization and advocacy. This manual would enable people to help friends with mental handicaps to develop healthier lifestyles and to access more resources in the community related to physical and mental health promotion and treatment.

Contact Person

Bill Grant

Address

2773 Robie Street
Halifax, N.S.
B3K 4P1

**Subject/Category
Target Group**

Subject / Category	
Smoking	
Nutrition	
Active Living	
Sexual Health	
Healthy Environment	
Mental Health	X
Health Equity	X
Self Help Mutual Aid	
Other	

Target Group	
Infant 0-5 years	
Child and Adolescent (5-15yrs)	
Young Adults (19-35)	X
Mid Range Adult (36-64)	X
Seniors (65+)	

Funding

\$4,900.00

Open Mind Media Watch

Canadian Mental Health Association – Halifax Branch

The ultimate goal of the project is to change public opinion in the Metro area regarding people who have been treated for mental health problems/disorders. The project will produce a media information kit and guidelines to help establish a media watch program. A press conference will be held to introduce the kit and media watch program. Meetings will be held with key media personnel. A workshop will be held to introduce media personnel to resources and people in the community to help them report on mental health-related issues using appropriate terminology and supporting positive attitudes. Volunteers will monitor the media and recognize and reinforce media staff who report accurately and fairly issues and stories related to mental health or mental illness.

Contact Person

Irene Drake Smith

Address

5739 Inglis Street
Halifax, N.S.
B3H 1K5

**Subject/Category
Target Group****Subject / Category**

Smoking

Nutrition

Active Living

Sexual Health

Healthy Environment

Mental Health **X**

Health Equity

Self Help Mutual Aid

Other

Target Group

Infant 0-5 years

Child and Adolescent
(5-15yrs)

Young Adults (19-35) **X****Mid Range Adult (35-64)** **X**

Seniors (65+)

Funding

\$5,000.00

Drug Educators Resource Group

The Mayor's Task Force on Drugs

This project will provide youth-delivered drug education to young people between the ages of 8 and 18 years in Metro. This education will include information on the causes and effects of drug use, peer pressure, effective decision-making skills and self-esteem. These are factors that are key in preventing drug abuse. Four young people aged 16-20 will be hired on a part-time basis to provide drug education to groups of young people in the community upon request. This service will be promoted within the community.

Contact Person

Todd Leader

Address

P.O. Box 1749
Halifax, N.S.
B3J 3A5

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition	Child and Adolescent (5-15yrs) X
Active Living	Young Adults (19-35) X
Sexual Health	Mid Range Adult (36-64)
Healthy Environment	Seniors (65+)
Mental Health	
Health Equity	
Self Help Mutual Aid	
Other: Drug Education X	

Funding

\$4,962.00

The Food Experience

St. Paul's Family Resources Institute

This project will address the need for food security: being able to secure sufficient, nutritious, and personally acceptable food to meet the needs of families living on fixed incomes in the Spryfield area. This project will teach skills, show alternatives food sources, empower participants with a sense of control and lessen the need to use the services of a food bank.

Contact Person

Heather Coffin

Address

173 Old Sambro Road
Halifax, N.S.
B3R 1H6

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition X	Child and Adolescent (5-15yrs) X
Active Living	Young Adults (19-35) X
Sexual Health	Mid Range Adult (36-64) X
Healthy Environment	Seniors (65+) X
Mental Health	
Health Equity X	
Self Help Mutual Aid	
Other	

Funding

\$1,141.95

Alzheimer Caregiver Respite Program

Alzheimer Society of N.S.

The Alzheimer Caregiver Respite Program is a pilot project designed to utilize interested and experienced volunteers in order to alleviate some of the constant responsibility of Alzheimer caregivers. The Alzheimer Society receives calls from people wishing to volunteer their time and skills to provide respite to families caring for someone with Alzheimer disease. Also, calls come in from families seeking respite. This project will bring both groups together thereby, filling existing gaps left by currently available respite services.

Contact Person

Veronica McNeil

Address

5954 Spring Garden Road
Halifax, N.S.
B3H 1Y7

**Subject/Category
Target Group****Subject / Category**

Smoking

Nutrition

Active Living

Sexual Health

Healthy Environment

Mental Health X

Health Equity

Self Help Mutual Aid

Other

Target Group

Infant 0-5 years

Child and Adolescent
(5-15yrs)**Young Adults (19-35)** X**Mid Range Adult (36-64)** X**Seniors (65+)** X**Funding**

\$4,950.00

Food Enough

Dartmouth Social Services

This project is based on the Food Experience program developed by the City of York Health Unit in Ontario. The primary goal of the program is to help people develop skills to increase food security. Cognitive and material support is provided through instruction of a Basic Shelf Cookbook. This project will be targeted to low-income people, especially those receiving municipal assistance in the City of Dartmouth.

Contact Person

Anna Protherol

Address

P.O. Box 817
Dartmouth, N.S.
B2Y 3Z3

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition X	Child and Adolescent (5-15yrs) X
Active Living	Young Adults (19-35) X
Sexual Health	Mid Range Adult (36-64) X
Healthy Environment	Seniors (65+) X
Mental Health	
Health Equity X	
Self Help Mutual Aid	
Other	

Funding

\$5,000.00

Y Smoke Students

N.S. Council on Smoking and Health

Y Smoke Students is a smoking-cessation program designed to help grade 11 and 12 students to stop smoking and remain smoke-free. The major program components are peer-assisted learning, lifestyle education and student activities. Sessions will be held in the schools from March to May 1992. YMCA instructors and members of the NSCSH will modify the Y Smoke workplace program to meet student needs. The program will be accessible to all students wishing to stop smoking. This will be a pilot program to establish a framework for ongoing teen cessation programs in high schools and to gain support for continuation of teen cessation programs by raising awareness of the problem and the program via promotion and publicity.

Contact Person

Mark Taylor

Address

P.O. Box 841
Central Station
Halifax, N.S.
B3J 2V2

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking X	Infant 0-5 years
Nutrition	Child and Adolescent (5-15yrs) X
Active Living	Young Adults (19-35) X
Sexual Health	Mid Range Adult (36-64)
Healthy Environment	Seniors (65+)
Mental Health	
Health Equity	
Self Help Mutual Aid	
Other	

Funding

\$4,968.00

Youth Support Group for Learning Disabled Youth Aged 12-5 Years

Learning Disabilities Association of N.S.

The project will develop a youth support group for learning-disabled children aged 12-15 years in Dartmouth. The project will focus on building children's self-esteem, teaching and helping them to develop social, study, coping, and conflict management skills. At the end of the project, volunteers will be trained to implement the project. The information gained from the pilot will be used to prepare a kit to help other support groups form elsewhere in Nova Scotia.

Contact Person

Helen Lawson

Address

55 Ochterloney Street
Dartmouth, N.S.
B2Y 1C3

**Subject/Category
Target Group**

Subject / Category	
Smoking	
Nutrition	
Active Living	
Sexual Health	
Healthy Environment	
Mental Health	X
Health Equity	
Self Help Mutual Aid	
Other	

Target Group	
Infant 0-5 years	
Child and Adolescent (5-15yrs)	X
Young Adults (19-35)	
Mid Range Adult (36-64)	
Seniors (65+)	

Funding

\$5,000.00

Students and Parent Awareness on Adolescent Depression and Suicide Awareness Help Line

The project will create an awareness program on adolescent depression and suicide for students in the Halifax, Dartmouth, and Halifax County junior and senior high schools, the general public, and parents of the school students involved. The student sessions will focus on understanding depression and provide coping strategies for young people who are dealing with depression. It promotes being responsible for each other, sensitivity to others, self-awareness, and a better understanding of community resources for youth and how to access them. The parents will receive information on stressors in their children's lives and how these stressors can affect their child, how to seek help for their child and warning signs of depression.

Contact Person

Sylvia MacDonald

Address

c/o Dalhousie University
Halifax, N.S.
B3H 3J5

Subject/Category Target Group

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition	Child and Adolescent (5-15yrs) X
Active Living	Young Adults (19-35) X
Sexual Health	Mid Range Adult (36-64) X
Healthy Environment	Seniors (65+)
Mental Health X	
Health Equity	
Self Help Mutual Aid	
Other	

Funding

\$5,000.00

Conflict Mediation Training

Cole Harbour District High School

The project will establish a program that will improve understanding and communication within Cole Harbour District High and the surrounding communities. It will reduce conflict within Cole Harbour District High School and the surrounding communities by training staff and students in communication skills, conflict prevention and conflict resolution techniques. Thirty students will be trained as peer helper leaders with communication and conflict resolution skills (10 from each grade). A manual for students entitled "Conflict Prevention and Conflict Resolution" will be produced, and community agencies will be involved in the program development and maintenance.

Contact Person

Mike Whitehouse

Address

2 Chameau Crescent
Dartmouth, N.S.
B2W 4X4

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition	Child and Adolescent (5-15yrs) X
Active Living	Young Adults (19-35) X
Sexual Health	Mid Range Adult (36-64)
Healthy Environment	Seniors (65+)
Mental Health X	
Health Equity	
Self Help Mutual Aid	
Other	

Funding

\$4,982.00

Safe Haven

Mulgrave Road Co-op Theatre

The goal of this project is to raise the awareness of AIDS/HIV in small communities to bring about change in how the disease is viewed by people living in rural areas. This will be achieved by two theatrical presentations performed in the Halifax area. It is hoped that *Safe Haven* will bring about a consciousness-raising experience for all those who see it and can start making headway into the hidden and silent reasoning that runs so deep in rural Nova Scotia

Contact Person

Jenny Munday

Address

P.O. Box 219
Main Street
Guysborough, N.S.
BOH 1N0

**Subject/Category
Target Group****Subject / Category**

Smoking

Nutrition

Active Living

Sexual Health X

Healthy Environment

Mental Health

Health Equity

Self Help Mutual Aid

Other

Target Group

Infant 0-5 years

**Child and Adolescent
(5-15yrs)** X**Young Adults (19-35)** X**Mid Range Adult (36-64)** X

Seniors (65+)

Funding

\$1,532.00

First Aid Instructor Development Program

This project is intended to provide for first aid training for the residents of Inverness County through the development of potential instructors, trained and certified in aspects of emergency and preventative health care. During the course of the project, an information package on the types and value of first aid training for the general public will be developed.

Contact Person

John Cotton

Address

Inverness County Recreation/Tourism Department
P.O. Box 179
Port Hood, N.S.

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition	Child and Adolescent
Active Living	(5-15yrs)
Sexual Health	Young Adults (19-35) X
Healthy Environment	Mid Range Adult (36-64) X
Mental Health	Seniors (65+) X
Health Equity	
Self Help Mutual Aid X	
Other X	

Funding

\$5,000.00

Nobody's Perfect Program

The purpose of this project is to establish and conduct groups of young single teen mothers and single mothers in their 20s, particularly for those who have limited incomes and are socially or geographically isolated parents. The program delivered to these groups in the industrial area will be based on the Nobody's Perfect program and resources.

Contact Person

Clare MacEachern

Address

Child Welfare Service
69 Kings Road
Sydney, N.S.

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition	Child and Adolescent (5-15yrs) X
Active Living	Young Adults (19-35) X
Sexual Health	Mid Range Adult (36-64)
Healthy Environment	Seniors (65+)
Mental Health	
Health Equity	
Self Help Mutual Aid	
Other X	

Funding

\$3,623.00

The Well Man Clinic

This project is a pilot project for a preventative health care clinic for men in Glace Bay. Along with screening for high risk factors, the goal will be to educate those attending regarding self-examination, early warning signals of cancer, sexually transmitted diseases, heart health, stress, smoking, and diet.

Contact Person

Kathryn MacCuish

Address

Citizens Service League
14 Commercial Street
Glace Bay, N.S.

**Subject/Category
Target Group**

Subject / Category

Smoking	X
Nutrition	X
Active Living	
Sexual Health	X
Healthy Environment	
Mental Health	X
Health Equity	
Self Help Mutual Aid	
Other	X

Target Group

Infant 0-5 years	
Child and Adolescent (5-15yrs)	
Young Adults (19-35)	X
Mid Range Adult (36-64)	X
Seniors (65+)	X

Funding

\$250.00

New Beginnings

This project proposes to develop and initiate a support groups for adult male survivors of child sexual abuse by using two facilitators who are professional social workers to facilitate a 10-week program. A pamphlet will be developed to encourage referrals. The target group will be males, 19 years of age or older who are not perpetrators of child sexual abuse.

Contact Person

Barb Kowalski/Pam Seville

Address

C.B. Society Against Child Abuse
C.B. Crime Prevention Association
P.O. Box 1005
Sydney, N.S.

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition	Child and Adolescent (5-15yrs)
Active Living	Young Adults (19-35) X
Sexual Health X	Mid Range Adult (36-64)
Healthy Environment	Seniors (65+)
Mental Health	
Health Equity	
Self Help Mutual Aid X	
Other X	

Funding

\$5,000.00

Coping with Unemployment

The purpose of this project is to establish, conduct, and evaluate a discussion group on coping with unemployment with a small group of unemployed people with facilitator and resource persons. The goal of the sessions will be to enable unemployed people to maintain good mental health by helping them acquire knowledge, understanding, and skills to cope with the impact of unemployment on their lives.

Contact Person

Charles MacKinnon

Address

Canadian Mental Health Association
/Cape Breton Branch
P.O. Box 515
Sydney, N.S.

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition	Child and Adolescent (5-15yrs)
Active Living	Young Adults (19-35)
Sexual Health	Mid Range Adult (36-64) X
Healthy Environment	Seniors (65+)
Mental Health X	
Health Equity	
Self Help Mutual Aid X	
Other	

Funding

\$5,000.00

L'Ardoise CPR Training

This project is designed to train people in this rural area of Richmond County as certified CPR instructors. These instructors would then teach others how to identify risk factors associated with heart attack and how to respond effectively to signals of heart attack. This training will be targeted to community groups such as volunteer fire departments, seniors, cadets, people in the fisheries, day care workers, and others.

Contact Person

Carolyn Martell

Address

Dr. W.B. Kingston Memorial Clinic
Committee
L'Ardoise, N.S.

**Subject/Category
Target Group**

Subject / Category	
Smoking	
Nutrition	
Active Living	
Sexual Health	
Healthy Environment	
Mental Health	
Health Equity	
Self Help Mutual Aid	X
Other	X

Target Group	
Infant 0-5 years	
Child and Adolescent (5-15yrs)	
Young Adults (19-35)	X
Mid Range Adult (36-64)	X
Seniors (65+)	X

Funding

\$4,000.00

Nutritious Munching and Lunching

This project is a cooperative endeavour between a school parents' group and the teachers of the school. The goal is to positively modify the snacking and long-term general eating habits of the elementary students, who come in large part from low income and single parent households, through a program of nutrition education, which is not only taught, but also applied in the school setting.

Contact Person

Adele Young

Address

Sacred Heart School
45 York Street
Sydney, N.S.

**Subject/Category
Target Group**

Subject / Category

Smoking

Nutrition

X

Active Living

Sexual Health

Healthy Environment

Mental Health

Health Equity

Self Help Mutual Aid

Other

Target Group

Infant 0-5 years

**Child and Adolescent
(5-15yrs)**

X

Young Adults (19-35)

Mid Range Adult (36-64)

Seniors (65+)

Funding

\$2,000.00

Health Screening for Women

The purpose of the project is to develop a long-term strategy to increase the number of women who are screened for cervical and breast cancer in the Baddeck area of Victoria County. This project will try several different models to determine which Well Woman Clinic option(s) best serve(s) to increase participation in screening with the resources (financial and human) available. A needs assessment survey will also be conducted.

Contact Person

Heidi Atkins

Address

Victoria County Well Women's Committee
Box 65
Baddeck, N.S.

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition	Child and Adolescent (5-15yrs)
Active Living	Young Adults (19-35) X
Sexual Health	Mid Range Adult (36-64) X
Healthy Environment	Seniors (65+) X
Mental Health	
Health Equity	
Self Help Mutual Aid	
Other X	

Funding

\$5,000.00

Special Needs Resource Manual

The purpose of this project is to develop a manual for families and caregivers of people with special needs (for example, Down's Syndrome, M.S., C.F., etc.) to help them find support resources in Cape Breton. Written materials will be selected that are appropriate for and understandable by the general public (with a minimum of technical and scientific language).

Contact Person

Sheldon Saccary

Address

Cape Breton Down's Syndrome Society
11 Station Street
Dominion, N.S.
B0A 1E0

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition	Child and Adolescent (5-15yrs)
Active Living	Young Adults (19-35) X
Sexual Health	Mid Range Adult (36-64) X
Healthy Environment	Seniors (65+)
Mental Health X	
Health Equity	
Self Help Mutual Aid X	
Other	

Funding

\$5,000.00

Healthy Living for Seniors

The goal of this project is to create an awareness of physical and nutritional health needs within a target group of women over 55 and how these factors impact on their health. Weekly classes will be held to provide information and support to help each participant maintain improvements in their nutritional health and their physical fitness.

Contact Person

Sheila Poulton

Address

Maple Hill Manor
700 King Street
New Waterford, N.S.

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition X	Child and Adolescent (5-15yrs)
Active Living X	Young Adults (19-35)
Sexual Health	Mid Range Adult (36-64) X
Healthy Environment	Seniors (65+) X
Mental Health X	
Health Equity	
Self Help Mutual Aid	
Other	

Funding

\$2,500.00

Meniere's Self Help Program

The purpose of this project is to establish a support group for people with Meniere's Disease and others with hearing loss. A complete resource library of books, videotapes, and periodicals will also be assembled. A brochure will be developed and distributed to raise awareness of assistance available for those with Meniere's disease and others with hearing disorders.

Contact Person

Rosalind Boyle

Address

Cape Breton Society of Deaf and
Hard of Hearing N.S.
122 Charlotte Street
Sydney, N.S.

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition	Child and Adolescent (5-15yrs)
Active Living	Young Adults (19-35)
Sexual Health	Mid Range Adult (36-64) X
Healthy Environment	Seniors (65+) X
Mental Health	
Health Equity	
Self Help Mutual Aid X	
Other X	

Funding

\$5,000.00

Help Line Directory

This project is designed to produce an up-to-date revised directory for the Help Line organization. Enough copies will be produced to enable each of the volunteers to have a copy to enable them to make accurate referrals and provide up-to-date information to the people who phone the Cape Breton Help Line.

Contact Person

Jeanette Arsenault

Address

Cape Breton Help Line
P.O. Box 640
Sydney, N.S.

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition	Child and Adolescent (5-15yrs) X
Active Living	Young Adults (19-35) X
Sexual Health	Mid Range Adult (36-64) X
Healthy Environment	Seniors (65+) X
Mental Health X	
Health Equity	
Self Help Mutual Aid	
Other X	

Funding

\$5,000.00

Folks, Fun, and Fitness

This grant will be used to provide monthly information sessions and luncheons for senior citizens and people with disabilities who reside in five isolated communities in rural Cape Breton County. The goal of the program is to reduce isolation, contribute to improved nutritional status, and provide educational opportunities for this group.

Contact Person

Kay Rand

Address

Framboise and Area CHiP
R.R. #1, Loch Lomond
East Bay, N.S.

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition X	Child and Adolescent (5-15yrs)
Active Living	Young Adults (19-35)
Sexual Health	Mid Range Adult (36-64) X
Healthy Environment	Seniors (65+) X
Mental Health	
Health Equity	
Self Help Mutual Aid	
Other X	

Funding

\$5,000.00

Proud Networking

This project will help establish a network of support systems among low income women in the Cape Breton area that would provide information about available resources and services within their community, provide meeting space and child care where women can meet to talk, plan, and encourage each other, and strategize toward achieving self-determination within their own communities.

Contact Person

Dorothy McGrath

Address

PROUD (Poverty Rights Organization
United and Determined)
106 Townsend Street
Sydney, N.S.

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition	Child and Adolescent
Active Living	(5-15yrs)
Sexual Health	Young Adults (19-35) X
Healthy Environment	Mid Range Adult (36-64) X
Mental Health	Seniors (65+) X
Health Equity X	
Self Help Mutual Aid X	
Other X	

Funding

\$5,000.00

**Evaluation of Preventative Community Education on
Neck and Spinal Cord Injuries**

This project will be conducted by an interdisciplinary committee representing a number of organizations and institutions in the community and will evaluate the extent of the education of professionals, teachers, coaches, etc., concerning the prevention of neck and spinal cord injuries. It will also evaluate what students have learned through school and sports in regard to this issue. Upon completion of this evaluation, an awareness campaign will be designed based on the information received.

Contact Person

Suzanne Merner

Address

Interdisciplinary Committee
c/o Sydney City Hospital
Hospital Street
Sydney, N.S.

**Subject/Category
Target Group**

Subject / Category	
Smoking	
Nutrition	
Active Living	X
Sexual Health	
Healthy Environment	
Mental Health	
Health Equity	
Self Help Mutual Aid	
Other	X

Target Group	
Infant 0-5 years	
Child and Adolescent (5-15yrs)	X
Young Adults (19-35)	X
Mid Range Adult (36-64)	X
Seniors (65+)	X

Funding

\$5,000.00

Facilitated Communication Workshop

This project will fund a workshop to teach a method of facilitated communication to parents, teachers, child care workers, speech and language pathologists, or others who are working with someone with autism or a related communication disorder. Resource people from the Geneva Centre in Toronto will conduct the session, and follow-up will be provided by ongoing support meetings of those who attend the workshop.

Contact Person

Agnes O'Neill Sampson

Address

Society for Treatment of Autism
P.O. Box 392
Sydney, N.S.

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition	Child and Adolescent (5-15yrs)
Active Living	Young Adults (19-35) X
Sexual Health	Mid Range Adult (36-64) X
Healthy Environment	Seniors (65+) X
Mental Health X	
Health Equity	
Self Help Mutual Aid X	
Other	

Funding

\$4,000.00

Developing Alzheimer Resources in the Cape Breton Region

This project involves hiring a local resource person to serve as a Development Coordinator to work with existing self-help groups in the area to assess areas where no group exists and identify needs for support. The coordinator will help establish self-help groups where appropriate and work with existing groups to provide current information and support. This person will also help raise awareness of the issues surrounding families dealing with members with Alzheimer Disease and help make people in the community aware of existing and new self-help support groups.

Contact Person

Fenny Doherty

Address

Alzheimer Society of Nova Scotia
5954 Spring Garden Road
Halifax, N.S.

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition	Child and Adolescent (5-15yrs)
Active Living	Young Adults (19-35) X
Sexual Health	Mid Range Adult (36-64) X
Healthy Environment	Seniors (65+) X
Mental Health X	
Health Equity	
Self Help Metastatic Aid X	
Other	

Funding

\$5,000.00

Colchester Family Support Centre

This project is a community-based program provided through a partnership of St. James Presbyterian Church and the Children's Aid Society and Family Services of Colchester County. The centre is a family-oriented program that encourages personal growth for parents and children through structured learning experiences provided in a nurturing environment.

Contact Person

Carol Barron

Address

Children's Aid Society and Family Services of Colchester
County
Box 950
Truro, N.S.
B2N 5G7

**Subject/Category
Target Group****Subject / Category**

Smoking

Nutrition

Active Living

Sexual Health

Healthy Environment

Mental Health

Health Equity

Self Help Mutual Aid **X**

Other

Target Group**Infant 0-5 years** **X****Child and Adolescent
(5-15yrs)** **X****Young Adults (19-35)** **X**

Mid Range Adult (36-64)

Seniors (65+)

Funding

\$5,000.00

Safety Awareness

This project aims to develop a procedures manual for the safe transportation of persons with special needs based on feed-back collected during a needs assessment of volunteers, clients, and transportation experts.

Contact Person

Kim Sutherland

Address

Life Improvement for the Disabled
184 Arthur Street
Truro, N.S.
B2N 1Y3

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition	Child and Adolescent (5-15yrs)
Active Living	
Sexual Health	Young Adults (19-35) X
Healthy Environment	Mid Range Adult (36-64) X
Mental Health	Seniors (65+) X
Health Equity	
Self Help Mutual Aid	
Other X	

Funding

\$5,000.00

Cumberland County Family Planning

This project provides information, planning, and education in sexuality and birth control by pilot testing a program aimed at increasing positive communication between parents and 9 to 11-year-old youths about sexual information and values.

Contact Person

Ruthie Patriquin

Address

Growing Together
Box 661
Amherst, N.S.
B4H 4B8
667-7500

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition	Child and Adolescent (5-15yrs)
Active Living	Young Adults (19-35)
Sexual Health X	Mid Range Adult (36-64) X
Healthy Environment	Seniors (65+)
Mental Health	
Health Equity	
Self Help Mutual Aid	
Other	

Funding

\$3,935.00

Amherst Lions Club

This project aims to establish a Resource Centre on Drug Awareness for use in Amherst and area schools to insure teachers, peer drug educators, and parents have access to up-to-date materials for use in the delivery of health information.

Contact Person

Gary Joudrey

Address

Drug Awareness
Box 241, Amherst, N.S.
B4H 3Z2
667-5589

**Subject/Category
Target Group**

Subject / Category	
Smoking	
Nutrition	
Active Living	
Sexual Health	
Healthy Environment	
Mental Health	
Health Equity	
Self Help Mutual Aid	
Other	X

Target Group	
Infant 0-5 years	
Child and Adolescent (5-15yrs)	X
Young Adults (19-35)	X
Mid Range Adult (36-64)	X
Seniors (65+)	

Funding

\$5,000.00

Dr. Arthur Hines Breakfast Program

The goal is to provide a free breakfast snack for any child attending Dr. Arthur Hines School who is hungry for whatever reason, before classes start in the morning. A secondary goal is to provide nutritional information to students and parents through a variety of means.

Contact Person

Thea Colwell

Address

D.A.H.S. Breakfast Committee
Summerville, Hants Co., N.S.
BON 2K0
633-2890

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition X	Child and Adolescent (5-15yrs) X
Active Living	Young Adults (19-35)
Sexual Health	Mid Range Adult (36-64)
Healthy Environment	Seniors (65+)
Mental Health	
Health Equity	
Self Help Mutual Aid	
Other	

Funding

\$5,000.00

Community-Based Recovery Program

This project is an in-depth series of therapy classes that will cover relaxation, breathing, cognitive, and desensitization techniques for persons suffering from anxiety disorders. By learning these coping skills and being a member of a self-help support group, the self-esteem and self-confidence of members will be enhanced.

Contact Person

Gary Connelly

Address

Community Based Recovery Program
325 Main St., P.O. Box 894
Kentville, N.S.,
B4N 4H8

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition	Child and Adolescent (5-15yrs)
Active Living	Young Adults (19-35) X
Sexual Health	Mild Range Adult (35-64) X
Healthy Environment	Seniors (65+)
Mental Health X	
Health Equity	
Self Help Mutual Aid X	
Other	

Funding

678-3146

Fundy Health Unit

60

\$5,000.00

Family Health and Fitness Committee

This project will allow families and children to experiment or participate in a variety of fitness activities. The goal is to foster regular involvement of children in fitness activities so fitness becomes a part of their lifestyle.

Contact Person

André Arsenault

Address

Glooscap Home and School Association
RR#5 Canning, N.S.
BOP 1H0
582-3565

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition	
Active Living X	Child and Adolescent (5-15yrs) X
Sexual Health	Young Adults (19-35) X
Healthy Environment	Mid Range Adult (36-64) X
Mental Health	Seniors (65+)
Health Equity	
Self Help Mutual Aid	
Other	

Funding

\$4000.00

Naturcise

The ultimate goal of "Naturcise" is to provide community residents with an awareness of the importance of a continued healthy lifestyle. The participants will have the opportunity to experience a different type of active living experience (e.g., canoeing, hiking, horseback riding, etc.) throughout an eight-week program.

Contact Person

Susan Shive

Address

Shubenacadie Lions Club
Box 249, Shubenacadie, N.S.,
B0N 2H0
758-3167

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition	Child and Adolescent (5-15yrs)
Active Living X	Young Adults (19-35)
Sexual Health	Mid Range Adult (35-64) X
Healthy Environment	Seniors (65+)
Mental Health	
Health Equity	
Self Help Mutual Aid	
Other	

Funding

\$4,900.00

Parent Kit Marketing Project

The goal of this project is to increase community knowledge of the PARENT KIT, to introduce this resource to a number of potential parent groups, and to leave a system in place for an effective, low-cost, annual promotion of the kit. The PARENT KIT is a tool that assists parents in educating their children on sexuality topics so that they can be the primary sexuality educators of their children.

Contact Person

Pauline Raven

Address

1657 Barrington St., Suite 536
Halifax N.S.,
B3J 2A1
492-0444

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition	Child and Adolescent (5-15yrs)
Active Living	
Sexual Health X	Young Adults (18-35) X
Healthy Environment	Mid Range Adult (36-64) X
Mental Health	Seniors (65+)
Health Equity	
Self Help Mutual Aid	
Other	

Funding

\$4,930.00

Parents Supporting Parents

This program is a series of projects designed to assist parents in learning how to create a healthy nurturing home climate for their children. It is hoped that support for effective parenting will be translated into an improved self-esteem in the children within the target area.

Contact Person

Jane Baskwill

Address

Parkers Cove Consolidated Elementary School
P.O. Box 112
RR #3 Granville Ferry, N.S.
B0S 1K0
532-2537

**Subject/Category
Target Group****Subject / Category**

Smoking

Nutrition

Active Living

Sexual Health

Healthy Environment

Mental Health X

Health Equity

Self Help Mutual Aid X

Other

Target Group

Infant 0-5 years

**Child and Adolescent
(5-15yrs)** X**Young Adults (19-35)** X**Mid Range Adult (36-64)** X

Seniors (65+)

Funding

\$5,000.00

Red Door Educational Programs

The specific purpose of this program is to enhance the educational component of the Adolescent Health and Support Center. The function of the educational component of the Red Door is to enhance the physical and mental health of adolescents by extending their knowledge base in areas that young people have identified as being of major concern to them. The project involves developing a library of current educational materials and providing a series of monthly information seminars for adolescents and the general public.

Contact Person

Emily Freeman

Address

Red Door Adolescent Health and Support Center
28 Webster Court
Kentville, N.S.
B4N 1H2

**Subject/Category
Target Group**

679-1141

Subject / Category

Smoking

Nutrition X

Active Living

Sexual Health X

Healthy Environment

Mental Health X

Health Equity

Self Help Mutual Aid

Other

Target Group

Infant 0-5 years

**Child and Adolescent
(5-15yrs)** X**Young Adults (19-35)** X

Mid Range Adult (36-64)

Seniors (65+)

Funding

\$3,000.00

Seniors Network

The project will establish a Seniors Network to address the needs of seniors living in the target area who are isolated, lonely and depressed, as well as those who have an interest in exploring health issues of relevance to them. The overall goal of the project will be to enable seniors to remain in their own homes and assist them in leading healthy, productive lives.

Contact Person

Kathy Aldous

Address

Hants Shore Health Clinic
RR#1 Newport, N.S.
BON 2A0
633-2110

**Subject/Category
Target Group****Subject / Category**

Smoking

Nutrition

Active Living **X**

Sexual Health

Healthy Environment

Mental Health **X**

Health Equity

Self Help Mutual Aid **X**

Other

Target Group

Infant 0-5 years

Child and Adolescent
(5-15yrs)

Young Adults (19-35)

Mid Range Adult (36-64)

Seniors (65+) **X****Funding**

\$5,000.00

Teen Health and Leisure Program

The goal of this project is to set up a program at which social, recreational experiences are combined with educational opportunities to provide teens with the information they require to make healthy choices and alternative choices suitable to their age and interest level.

Contact Person

Carol Harnes

Address

Kentville Parks and Recreation
P.O. Box 218 325 Main Street
Kentville, N.S.
B4N 3W4
679-2540

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition	Child and Adolescent (5-15yrs) X
Active Living X	Young Adults (19-35) X
Sexual Health	Mid Range Adult (36-64)
Healthy Environment	Seniors (65+)
Mental Health	
Health Equity	
Self Help Mutual Aid X	
Other	

Funding

\$3,000.00

Valley AIDS Concern Group

The primary goal of this group is to offer support to those individuals infected and affected by HIV/AIDS. Support includes confidential counselling, acting on clients' behalf with all aspects of the community, and providing information and resource material.

The goal of this program is to firmly establish a "home base" or office from which volunteers and target persons could interact, either by telephone or in person. This office will contain resource material and serve as a meeting place.

Contact Person

Juli Giroux

Address

28 Webster Court
 Kentville, N.S.
 B4N 1H7
 679-3515 (p) 542-5882 (w)

**Subject/Category
Target Group****Subject / Category**

Smoking

Nutrition

Active Living

Sexual Health X

Healthy Environment

Mental Health

Health Equity

Self Help Mutual Aid X

Other

Target Group

Infant 0-5 years

 Child and Adolescent
 (5-15yrs)
Young Adults (19-35) X**Mid Range Adult (36-64) X**

Seniors (65+)

Funding

\$5,000.00

Trivia Walk

This project is an educational, fun healthy activity that will be offered to all residents in the target area. It is a weekly activity based on an established walking route through the main district of the town.

Contact Person

Amy Lewis

Address

Annapolis Royal Recreation Dept.
P.O. Box 333
Annapolis Royal, N.S.
B0S 1A0 532-7567

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition	Child and Adolescent (5-15yrs) X
Active Living X	Young Adults (19-35) X
Sexual Health	Mid Range Adult (36-64) X
Healthy Environment	Seniors (65+) X
Mental Health	
Health Equity	
Self Help Mutual Aid	
Other	

Funding

\$940.00

Recreation Integration for Special Needs Adults and Teens

YMCA Lunenburg County

This grant will develop a program for one year that is aimed at improving the quality of life for special needs adults and older teens. Participation in regular physical activity, integration into general population programs and increased awareness of important health issues will increase both mental and physical health of participants. There will be an involvement of a wide variety of community organizations in this program.

Contact Person

Lorrie Broderick

Address

9 Dominion Street
Bridgewater, N.S.
B4V 2J6

**Subject/Category
Target Group**

Subject / Category	
Smoking	
Nutrition	
Active Living	
Sexual Health	
Healthy Environment	X
Mental Health	X
Health Equity	X
Self Help Mutual Aid	X
Other	

Target Group	
Infant 0-5 years	
Child and Adolescent (5-15yrs)	
Young Adults (19-35)	X
Mid Range Adult (36-64)	X
Seniors (65+)	

Funding

\$5,000.00

AIDS Peer Education Package Promotion

Sexuality Education Program, Second Story Women's Centre

Second Story is an affiliate with Planned Parenthood of Nova Scotia and is a non-profit organization that focuses upon providing information and education services about sexuality and family planning in Nova Scotia. Second Story would like to promote a project already developed through a SEED grant called "The AIDS Peer Education Package." The CHPF funds would be used to hire a person to make copies of this package, contact appropriate agencies, design a presentation to explain the program, and present it to the people who work directly with high school age students in Lunenburg County.

Contact Person

Mary Frier

Address

99 York Street
Bridgewater, N.S.
B4V 1R2

**Subject/Category
Target Group**

Subject / Category

Smoking

Nutrition

Active Living

Sexual Health **X**

Healthy Environment

Mental Health

Health Equity

Self Help Mutual Aid

Other

Target Group

Infant 0-5 years

**Child and Adolescent
(5-15yrs)** **X**

Young Adults (16-35) **X**

Mid Range Adult (36-64)

Seniors (65+)

Funding

\$3,010.50

First Steps Early Intervention Program

First Steps Early Intervention Program

This grant will establish a home-based early intervention program in Lunenburg County. This program will provide information, resources and support to families within their own home. A qualified early childhood professional will assist parents in developing and implementing a program of goals and activities to meet the needs of their disabled child and family.

Contact Person

Dr. Valerie MacDonald

Address

c/o Mental Health Services
90 Glen Allen Drive
Bridgewater, N.S.
B4V 3S6

**Subject/Category
Target Group**

Phone: 543-7191

Subject / Category

Smoking

Nutrition

Active Living

Sexual Health

Healthy Environment X

Mental Health

Health Equity

Self Help Mutual Aid X

Other

Target Group

Infant 0-5 years

Child and Adolescent
(5-15yrs)

Young Adults (19-35) X

Mid Range Adult (36-64) X

Seniors (65+)

Funding

\$5,000.00

Safe Haven

Mulgrave Co-op Theatre

This project deals with raising the awareness of AIDS/HIV in small communities so that it can begin to change how the disease is viewed by people living in rural areas. The process of delivering this vital message to Lunenburg-Queens is to host the production of a play entitled *Safe Haven*, which deals with the subject of AIDS/HIV in a consciousness-raising experience so that all who see it can think seriously about these issues and how they affect all of us.

Contact Person

Jenny Munday

Address

P.O. Box 219
Guysborough, N.S.
BOH 1N0

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition	Child and Adolescent
Active Living	(5-18yrs) X
Sexual Health X	Young Adults (19-35) X
Healthy Environment	Mid Range Adult (36-64) X
Mental Health	Seniors (65+)
Health Equity	
Self Help Mutual Aid	
Other	

Funding

\$766.00

Wilderness Passage

Heartwood: Institute for Health, Learning and Leisure

This project deals with therapeutic educational and recreation programs for special needs groups, i.e., transition home residents to drug dependent teens, to physically disabled or stressed nurses. The project offers unique outdoor experiences involving camping trips with canoeing, educational workshops, exercise sessions and healthy eating. These small-group wilderness living environments nurture the development of a greater self-awareness and self-image.

Contact Person

Marc Langlois

Address

RR #1, Rose Bay, N.S.
B0J 2X0
Phone: 766-4351

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition X	Child and Adolescent (5-15yrs) X
Active Living X	Young Adults (16-35) X
Sexual Health	Mid Range Adult (36-64)
Healthy Environment X	Seniors (65+)
Mental Health	
Health Equity	
Self Help Mutual Aid	
Other	

Funding

\$1,000.00

Senior Wheels Association

Senior Wheels Association

The Senior Wheels Association is an organization that has a program designed to provide, "free of charge," a transportation system within the Bridgewater area for seniors who are isolated or are confined, handicapped, or disabled. Van transportation would be provided for doctor's visits, shopping, and other social outings. This grant money would provide the monies necessary for the rental space for the van and for fuel and cleaning costs.

Contact Person

Bruce Carroll

Address

126 Queens Street
Bridgewater, N.S.
B4V 1P4

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition	Child and Adolescent (5-15yrs)
Active Living	Young Adults (19-35)
Sexual Health	Mid Range Adult (36-64)
Healthy Environment	X
Mental Health	Seniors (65+)
Health Equity	X
Self Help / Mutual Aid	
Other	

Funding

\$4,600.00

Childcare Health Issues

Bridgewater Daycare Centre

The Bridgewater Day Care will, with CHPF, develop and host a day-long conference addressing health issues in child care. This project is geared for parents of young children and professionals in the early childhood field. This conference would provide professional development to early childhood educators and a great opportunity for parents to gather resources and information.

Contact Person

Dawn MacFarlane-Smith

Address

87A Hillcrest Street
Bridgewater, N.S.
B4V 1T2

**Subject/Category
Target Group**

Subject / Category

Smoking

Nutrition **X**

Active Living

Sexual Health

Healthy Environment **X**

Mental Health

Health Equity

Self Help Mutual Aid **X**

Other

Target Group

Infant 0-5 years

Child and Adolescent
(5-15yrs)

Young Adults (18-35) **X**

Mid Range Adult (36-64) **X**

Seniors (65+)

Funding

\$1,485.00

Family Support Program

Family and Children's Services Lunenburg County

This grant will develop a six-month pilot project called the "Family Support Program," which would be a support program for parents in Lunenburg County. This project, which consists of two components, will operate on the principles of family wellness and prevention. The project will conduct informal counselling, will provide socialization opportunities for parents and children, will host clothing, book and toy exchanges, and much more.

Contact Person

Judy Storey and Colleen Parker

Address

99 High Street
Suite 105, Bridgewater, N.S.
B4V 1V8
Phone: 543-2411

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition	Child and Adolescent
Active Living	(5-18yrs) X
Sexual Health	Young Adults (19-35) X
Healthy Environment X	Old Range Adult (36-64) X
Mental Health	Seniors (65+)
Health Equity	
Self Help Mutual Aid	
Other	

Funding

\$5,000.00

Garbageless Lunch Program

Port Mouton Elementary School

This project is an educational Environmental Awareness Program whereby students will be encouraged to reduce the amount of garbage being produced by their school lunches. Each student will receive a Garbageless Lunch, which includes a cotton canvas bag to carry their lunch, three cotton napkins, and three recyclable containers. In addition to the student kit, the program includes specific learning objectives that will allow the children the opportunity to become actively involved in learning experiences.

Contact Person

Cathie Post-Wentzell

Address

Port Mouton
Queens County, N.S.
B0T 1T0
Phone: 683-2022

**Subject/Category
Target Group**

Subject / Category	
Smoking	
Nutrition	
Active Living	
Sexual Health	
Healthy Environment	X
Mental Health	
Health Equity	
Self Help Mutual Aid	
Other	

Target Group	
Infant 0-5 years	
Child and Adolescent (5-19yrs)	X
Young Adults (19-35)	
Mid Range Adult (35-64)	
Seniors (65+)	

Funding

\$1,461.10

Community Babysitters Course

Brooklyn School Auxiliary/Brooklyn School

This project will cover the staff and materials to organize and carry out a babysitting course for students (age 12) in Brooklyn School using the Babysitting Training Course reference books from the Canada Safety Council. Parents will benefit by receiving a better babysitting service; children will benefit by having babysitters who are better prepared to meet their needs; babysitters will benefit by being better trained and, therefore, more confident, relaxed, and comfortable with the job they do.

Contact Person

Frank Sabin

Address

P.O. Box 310
Brooklyn, Queens County, N.S.
B0J 1H0

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition	Child and Adolescent
Active Living	(5-18yrs) X
Sexual Health	Young Adults (19-35)
Healthy Environment X	Mid range Adult (36-64)
Mental Health	Seniors (65+)
Health Equity	
Self Help Mutual Aid	
Other	

Funding

\$500.00

Value of Taxes

Antigonish Women's Association

This project, in response to a teen health survey, will see adolescents, professionals, and the community working together to address adolescent health issues. Identified teen health concerns include substance abuse, mental health, and sexuality issues. Adolescents, trained as community health educators, will conduct workshops through the community.

Contact Person

Susan Jewkes

Address

2040 Kirk Place
Antigonish, N.S.
B2G 2C1

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition	Child and Adolescent (5-18yrs) ☒
Active Living	Young Adults (19-35)
Sexual Health ☒	Mid Range Adult (36-64)
Healthy Environment	Seniors (65+)
Mental Health ☒	
Health Equity	
Self Help Mutual Aid	
Other ☒	

Funding

\$5,000.00

Adult Children of Alcoholics

Guyborough Learning Opportunities for Women

This project will raise public awareness regarding alcoholism and how it contributes to dysfunctional family systems. The primary goal is the development of self-sustaining, independent support groups to provide a vehicle for a personal recovery process. Facilitators will conduct weekly three-hour sessions.

Contact Person

Nancy Wright

Address

P.O. Box 5
Guyborough, N.S.
B2H 1N0

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition	Child and Adolescent (5-11yrs)
Active Living	Young Adults (18-35) X
Sexual Health	Mid Range Adult (36-64) X
Healthy Environment	Seniors (65+)
Mental Health X	
Health Equity	
Self Help Mental Aid X	
Other X	

Funding

\$4,330.00

The R. K. MacDonald Fitness for Life Program

Occupational Health & Safety Committee

This project will promote improved employee lifestyle by establishing a staff health program with fitness, clinical, and educational components. Two staff members will be certified to conduct fitness and CPR classes. Staff health professionals and guest speakers will address stress management, back care, heart disease prevention, weight reduction, and mental health concerns as identified in and Occupational Health & Safety Committee Survey. Nominal fees for special services and fitness classes will sustain the program. Monthly staff health clinics will be conducted on a volunteer basis.

Contact Person

Deborah Henderson

Address

R. K. MacDonald Nursing Home
64 Pleasant Street
Amherst, N.S.
B7G 1W7

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking X	Infant 0-5 years
Nutrition X	Child and Adolescent (5-15yrs)
Active Living X	Young Adults (16-30) X
Sexual Health	Mid Range Adult (30-64) X
Healthy Environment	Seniors (65+)
Mental Health X	
Health Equity	
Self Help Mutual Aid	
Other X	

Funding

\$1,000.00

Back Care/Back Power

Pictou County YM-YWCA

This project will see the YM-YWCA's Fitness & Lifestyles Director become certified as a Back Power Specialist. The goal of this community-based exercise and educational program is to prevent or lessen the incidence of back injuries. Activities include eight-week back care courses, back care/back power seminars, and back power training events. Volunteers will be trained as program instructors and the program will be self-sufficient after one year.

Contact Person

Patrick Mullally

Address

558 Frederick Street
New Glasgow, N.S.
B2H 5E5

**Subject/Category
Target Group**

Subject / Category	
Smoking	
Nutrition	
Active Living	
Sexual Health	
Healthy Environment	
Mental Health	
Health Equity	
Self Help Mutual Aid	X
Other	X

Target Group	
Infant 0-5 years	
Child and Adolescent (5-15yrs)	
Young Adults (16-35)	X
Mid Range Adult (36-64)	X
Seniors (65+)	

Funding

\$4,650.00

Fear Not Now

Pictou County Council of Churches

This project will promote awareness of violence against women, children, and the elderly and will encourage active participation in reducing this problem. A week toward ending Family Violence in Pictou County will be held March 29 - April 4, 1992. The issue will be addressed during a walk of concern, in church services, and by public forums conducted by guest speakers from related organizations. Resources and guest speakers will be available to organizations and groups who wish to address domestic violence.

Contact Person

Rev. Joanne Stright

Address

P.O. Box 254
Pictou, N.S.
B0K 1H0

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition	Child and Adolescent (5-18yrs) X
Active Living	Young Adults (19-35) X
Sexual Health	Mid Range Adult (36-64) X
Healthy Environment X	Elders (65+) X
Mental Health X	
Health Equity X	
Self Help Mutual Aid X	
Other X	

Funding

\$1,900.00

Leisure for a Lifetime

Trenton Recreation Department

This project will promote active, healthy living among children and teens and develop a leisure education program suited to their needs. The goal is to make students more aware of their leisure habits and to ward off risk factors of unhealthy lifestyles by providing healthy leisure alternatives. Recreation staff, community volunteers, and school administrators will coordinate the implementation of the program in the schools.

Contact Person

Martin Bates

Address

P.O. Box 328
Trenton, N.J.
08611-0328

**Subject/Category
Target Group**

Subject / Category		Target Group	
Smoking	X	Infant 0-5 years	
Nutrition	X	Child and Adolescent (5-18 yrs)	X
Active Living	X	Young Adults (19-35)	
Sexual Health		Mid Range Adult (36-64)	
Healthy Environment		Seniors (65+)	
Mental Health			
Health Equity			
Self Help Mutual Aid			
Other	X		

Funding

\$2,930.00

Pictou County Teen Fit for Action

Pictou County Recreation Coordinators

This project will offer a fitness program that promotes a positive self-image and will introduce a variety of leisure lifestyle skills for female teens. The goal is to increase physical activity among female teens. Student councils will identify leisure needs and determine seminar content. Proposed seminars include cardio-vascular fitness, drug awareness, self-image, and nutrition. Leisure activities include aerobics, badminton, curling, and jazz dancing. A full-time coordinator and two part-time facilitators will coordinate the program.

Contact Person

Bud Brown

Address

P.O. Box 7,
New Glasgow, N.S.
B2H 5E1

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition X	Child and Adolescent (5-15yrs) X
Active Living X	Young Adults (19-35)
Sexual Health	Mid Range Adult (36-64)
Healthy Environment	Seniors (65+)
Mental Health X	
Health Equity	
Self Help Mutual Aid	
Other X	

Funding

\$0,000.00

Directory of Services for the Dying in Nova Scotia

Palliative Care Research & Resource Group of Nova Scotia

This project will produce a directory of services for the dying in Northumberland Health Unit as part of a province-wide directory. A questionnaire will be distributed via community liaisons (Nova Scotia Hospice Palliative Care Network and Gerontology Association of Nova Scotia) to groups that provide assistance for the dying, and significant others. The directory, which will be made available to consumers, caregivers, and health professionals, will assist in making decisions and selecting services. An educational component will focus on death and dying and follow-up workshops will be conducted when the directory is completed. All but the paid researcher will be volunteers.

Contact Person

Dr. Jeannette Auger

Address

19 Keating Road
Halifax, N.S.
B3N 1N4

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years X
Nutrition	Child and Adolescent (5-15yrs) X
Active Living	Young Adults (19-35) X
Sexual Health	Mid Range Adult (36-64) X
Healthy Environment	Seniors (65+) X
Mental Health	
Health Equity	
Self Help Mutual Aid	
Other X	

Funding

\$5,000.00

Breakfast Club

South Centennial Home and School Association

The Breakfast Club program would involve students of the elementary school. Some of the students are not having breakfast before attending classes. A survey over five days showed this was a need in about 25 per cent of the school population. The project will serve breakfast consisting of nutritious finger foods, at the school before classes. The local dietitian will be consulted for menus. The volunteers (parents and Home and School members) will be responsible for preparation, serving, and clean-up. Parent involvement will help educate adults on proper nutrition for children and themselves. It is estimated necessary to feed the entire school population (at no cost to students) but that numbers will drop during the 30-day trial period. This program was started in September 1991 and is seeking support funding for the remainder of this academic year and next year.

Contact Person

Susan Stephens or Gillian Rowley

Address

1 Forbes Street
Yarmouth, N.S.
B5A 1W8

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition X	Child and Adolescent
Active Living	(5-18 yrs) X
Sexual Health	Young Adults (19-35)
Healthy Environment	Mid Range Adult (36-64)
Mental Health	Seniors (65+)
Health Equity X	
Self Help Mutual Aid	
Other	

Funding

\$4,500.00

Yarmouth La Leche League

This proposal is intended to provide assistance to the local La Leche League increase the number of women who breastfeed by doing the following: placing education material in doctors offices, the library, in the maternity ward, and at prenatal classes; producing a brochure with local support information; promoting breastfeeding on local media and in mall displays; updating and expanding materials in lending library, and setting up nursing stops in local malls and shopping areas.

Contact Person

Cindy Nicholson

Address

R.R. #2
South Ohio, N.S.
B2W 2L0

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years X
Nutrition X	Child and Adolescent (5-15yrs)
Active Living	Young Adults (15-35) X
Sexual Health	Mid Range Adult (36-64)
Healthy Environment	Seniors (65+)
Mental Health	
Health Equity	
Self Help Mutual Aid X	
Other	

Funding

B2W2 L0

Parenting Course Demonstration Project

N.S. Family and Child Welfare Association

The program Nobody's Perfect is designed to give parents accurate, up-to-date information on their child's health, safety, development, and behaviour and to encourage confidence in a parent's ability to be a good parent. The project also intends to provide opportunities to increase self-help and mutual support among parents. The program will be promoted in areas of Digby County to address the needs of a primarily rural population of predominantly young, single parents who are socially, economically, and/or geographically isolated. The grant is to pay for two trained parent facilitators and cost of rentals and child care.

Contact Person

Mr. Greg Wiseman

Address

C/O Dept. of Community Services
P.O. Box 399
Digby, N.S.
BNV 1A0

**Subject/Category
Target Group****Subject / Category**

Smoking

Nutrition

Active Living

Sexual Health

Healthy Environment **X**

Mental Health

Health Equity

Self Help Mutual Aid **X**

Other

Target Group

Infant 0-5 years

Child and Adolescent
(5-15yrs)**Young Adults (16-35)** **X**

Mid Range Adult (36-64)

Seniors (65+)

Funding

\$4,100.00

Clare Zone Senior Games '92

Clare Zone Seniors

This project will provide support to the Clare Senior Games, available to men and women aged 55 years and over, which offer a range of recreation activities promoting a positive lifestyle.

Contact Person

Mrs. Jeanette Souther

Address

P.O. Box 2090
Rm #1
Yarmouth, N.S.
NSA 4A5

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition	Child and Adolescent (5-15yrs)
Active Living	Young Adults (15-35)
Sexual Health	Old Range Adult (35-64)
Healthy Environment	Seniors (65+)
Mental Health	
Health Equity	
Self Help Mutual Aid	
Other	

Funding

\$793.00

Family Affairs

Westport United Baptist Church

This project will assist parents who are interested in increasing their knowledge and application of communication and parental skills. The two six-week sessions will include video presentations and group discussions involving the target group and resource people.

Contact Person

Patricia Welch

Address

P.O. Box 123
Westport, N.S.
B2V 1H5

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition	Child and Adolescent
Active Living	(5-15yrs) 8
Sexual Health	Young Adults (16-30) 8
Healthy Environment	Mid Range Adult (31-50) 8
Mental Health 8	Seniors (51+) 8
Health Equity	
Self Help Mutual Aid 8	
Other 8	

Funding

\$1675.00

Play and Learn**Yarnmouth LaLeche League**

The project will consist of a drop-in preschool program, available one day per week, where parents, grandparents, or caregivers can share a variety of activities that reinforce a loving, healthy, and safe lifestyle that strengthens the family unit. Parents and caregivers will get support and information on healthy parenting; children will learn about healthy lifestyles while interacting with their peers and other adults.

Contact Person

Cindy Nickerson

Address

RR #2
South Ohio, N.S.
G5W 2G3

**Subject/Category
Target Group**

Subject / Category	
Smoking	
Nutrition	X
Active Living	X
Sexual Health	X
Healthy Environment	X
Mental Health	X
Health Equity	
Self Help/Mental Aid	X
Other	

Target Group	
Infant 0-5 years	X
Child and Adolescent (5-15yrs)	
Young Adults (16-30)	X
Mid Range Adult (30-64)	X
Seniors (65+)	X

Funding

G7W2 2G

Safe Spaces

Mulgrave Road Co-op Theatre

The funding will defray part of the costs of producing the play *Safe Spaces* to bring about a consciousness-raising experience on AIDS/HIV infection and how it affects relationships and attitudes in small communities.

Contact Person

Joey Murtagh

Address

P.O. Box 219
Coydemough, N.S.
B2H 1X0

**Subject/Category
Target Group**

Subject / Category	Target Group
Smoking	Infant 0-5 years
Nutrition	Child and Adolescent
Active Living	0-15yrs 0
Sexual Health 0	Young Adults (16-20) 0
Healthy Environment	Older Group Adult (20-64) 0
Mental Health 0	Seniors (65+) 0
Health Equity	
Self Help Mutual Aid	
Other 0	

Funding

\$750.00

Seniors Health Unit

94

Seniors Fitness Parade

Digby June 2 Club

The project will increase the activity level and provide opportunities for participation in low-impact activities for seniors. For a 10-week period there will be two days of aerobics and one day of curling. The project will be evaluated to determine future programs, content, duration, appropriate time, and facilities.

Contact Person

Ms. Lydie Ancelet

Address

P.O. Box 108
Digby, N.S.
B0N 1A0

Subject/Category Target Group

Subject / Category

Smoking

Nutrition

Active Living

8

Sexual Health

Healthy Environment

Mental Health

8

Health Equity

Self Help Mutual Aid

Other

Target Group

Infant 0-5 years

Child and Adolescent
(6-17yrs)

Young Adults (18-30)

Old Young Adult (30-54)

Seniors (55+)

8

Funding

\$2000.00

**Serving Halifax County, including
cities of Halifax and Dartmouth**

Atlantic Health Unit
3rd floor, Sunnyside Place
1000 Bedford Highway
Bedford, NS
424-8130
FAX: 424-0542

Serving all of Cape Breton Island

Cape Breton Health Unit
2nd floor, Commerce Tower
15 Dorchester Street
Sydney, NS
563-2430
FAX: 563-0506

**Serving Colchester and Cumberland
Counties**

Colquhoun Health Unit
P.O. Box 218
4 Young Street
Truro, NS
824-5571
850-5620
FAX: 850-5620

**Serving Lunenburg and Queens
Counties**

Lunenburg-Queens Health Unit
38 High Street
Bridgewater, NS
949-7428
543-4600
FAX: 543-8024

**Serving Pictou, Antigonish, and
Cape Breton Counties**

Northumberland Health Unit
110 Pymont Street
New Glasgow, NS
824-2194
752-5151
FAX: 755-7175

**Serving Annapolis, Kings, and Nova
Counties**

Fundy Health Unit
P.O. Box 908
20 Gerrish Place
Windsor, NS
824-2710
756-2264
FAX: 726-5522

**Serving Digby, Tantramar, and
Chatham Counties**

Western Health Unit
P.O. Box 238
60 Wapoulet Street
Yarmouth, NS
854-4600
742-7141
FAX: 742-6002